

THE ULTIMATE METABOLISM LAB TEST GUIDE

A comprehensive list of labs to fully
evaluate your metabolism



Below you will find a list of the labs that are crucial for each aspect of metabolism. Many of these labs can be ordered by your primary care physician. Check with Lab Corp, Quest or whatever lab provider contracts with your insurance to determine cost/insurance coverage.

BLOOD SUGAR METABOLISM

- Is the way you're metabolizing sugars affecting your metabolism?
- Fasting blood glucose
- Hemoglobin A1c
- Insulin Resistance Scoring
- C-peptide

FAT METABOLISM

- Total cholesterol
- LDL, HDL, Triglycerides
- Total cholesterol to HDL ratio
- Lipoprotein fractionation (fat particle sizing)

THYROID METABOLISM

- Thyroid Stimulating Hormone (TSH)
- Free T4
- Free T3
- reverse T3
- Hashimoto's Antibodies: (antibodies to your thyroid or your T4 to T3 conversion)
- Thyroglobulin Antibody
- Anti-TPO

GENERAL METABOLISM

- Comprehensive Metabolic Panel (CMP) - assesses kidney & liver function as well as your electrolytes

IRON & VITAMINS

- Total iron, iron binding capacity, iron saturation
- CBC - complete blood count - white & red blood cells as well as hemoglobin & red blood cell sizing
- B12 & folate

HORMONES

- Total Estrogens
- Estradiol
- Progesterone
- Testosterone (Free & total for males)
- SHBG – Sex Hormone Binding Globulin
- DHEA-S

AUTOIMMUNITY & LINGERING INFECTIONS

- ANA – antinuclear antibodies with reflex if there's a positive
- Reactivated Mono – Epstein Barr Virus – IgM, IgG, Early Antigen, viral capsid
- CMV – Cytomegalovirus – IgG, IgM
- HSV 1 or 2 – Herpes Simplex Virus – Titers
- HHV 6 – Herpes Virus 6

This category of testing is more advanced and requires specialty labs that are likely not covered by insurance.

SALIVA CORTISOL TESTING

- ZRT Lab, Labrix, Vibrant Wellness – assessment of effect of stress on your body with morning, afternoon, evening and bedtime testing – \$110-150
- <https://www.vibrant-wellness.com/tests/hormones/> or [zrtlab.com](https://www.zrtlab.com)

GUT MICROBIOME TESTING

- GI Mapping by Diagnostic Solutions – stool sample testing – assesses breakdown of foods, microbiome, gut lining immunity & inflammation. Great for those with chronic gut issues. <https://www.diagnosticsolutionslab.com/tests/gi-map>
- Genova's GI Effects – stool sample testing – same as the GI Mapping. More visual pictures with reporting. <https://www.gdx.net/product/gi-effects-gut-pathogen-profile>
- Thryve or Viome – swab based stool testing where you wipe your toilet paper with a swab . Easier to collect – assesses microbiome and gut function on a simple level compared to GI Mapping and GI Effects.

FOOD SENSITIVITY TESTING

- IgG testing is for delayed - up to 72 hours after eating the food responses and IgE is for immediate sensitivity responses
- You can obtain IgE testing for the most common foods - milk, corn, soy, wheat, cod, hazelnut, peanuts & more via a regular lab company such as Lab Corp or Quest.
- Alcat - most comprehensive food sensitivity testing on the market - includes molds and chemicals - <https://cellsciencesystems.com/>
- Alletess - 184 foods - delayed IgG testing with option to add on 12 IgE - immediate sensitivity foods - has a blood draw and "finger poke" version - <https://foodallergy.com/>
- US Biotek - 96 foods can do a "finger poke" version vs a blood test - usbiotek.com
- Candida albicans (yeast) can also be tested on it's own via US Biotek

NUTRIENT & METABOLIC TESTING

- NutrEval - Genova Diagnostics - tests all of your vitamins, minerals, amino acids as well as neurotransmitter metabolites & for presence of bacterial or yeast overgrowth in the gut. Also assesses for heavy metals & toxic elements in the body. Urine and blood collection for this very comprehensive test.
- Micronutrient Testing - Spectracell - assessment of your white blood cells for nutrient, mineral & antioxidant deficiencies. Blood testing for both of these.
- Hair Tissue Mineral Analysis - HTMA - great mineral ratios & more cost effective than micronutrient testing.
- Organic Acids Testing - Mosaic Diagnostics - assessment of your body's metabolism of fats, proteins, carbs, minerals, amino acids, presence of yeast or bacteria in your gut as well as heavy metals. Note: organic acids testing is part of the NutrEval by Genova. This test is best for those that suspects a mold, yeast, bacteria affecting metabolism. Urine only testing.

URINE HORMONE METABOLISM

- If you suspect that hormones are a main factor in your metabolic issues then dried urine hormone testing will give you the best information.
- DUTCH Test by Precision Analytical is a great test that also includes saliva cortisol & cortisol metabolism assessment. This company also offers a variety of testing but I recommend the DUTCH Complete - dutchtest.com
- ZRT Lab - also offers dried urine hormone testing for just hormones - zrtlab.com